

TIMES .10

YOUR MAGAZINE OF CHOICE

Vol 4, Number 6, July/AUGUST 1997

Darrin Hagen:
Sterling Haynes
Awards

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Politics

Pg's 5, 16 & 23

Identity

Pg's 6, 10, & 18

Fun

Pg's 9 & 22





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“Mediocrity knows
nothing higher than
itself but talent instantly
recognizes genius.”

– A.C. Doyle

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TIMES .10
YOUR MAGAZINE of CHOICE
 Vol. 4 Number 6
 July/August, 1997
 Edmonton, Alberta

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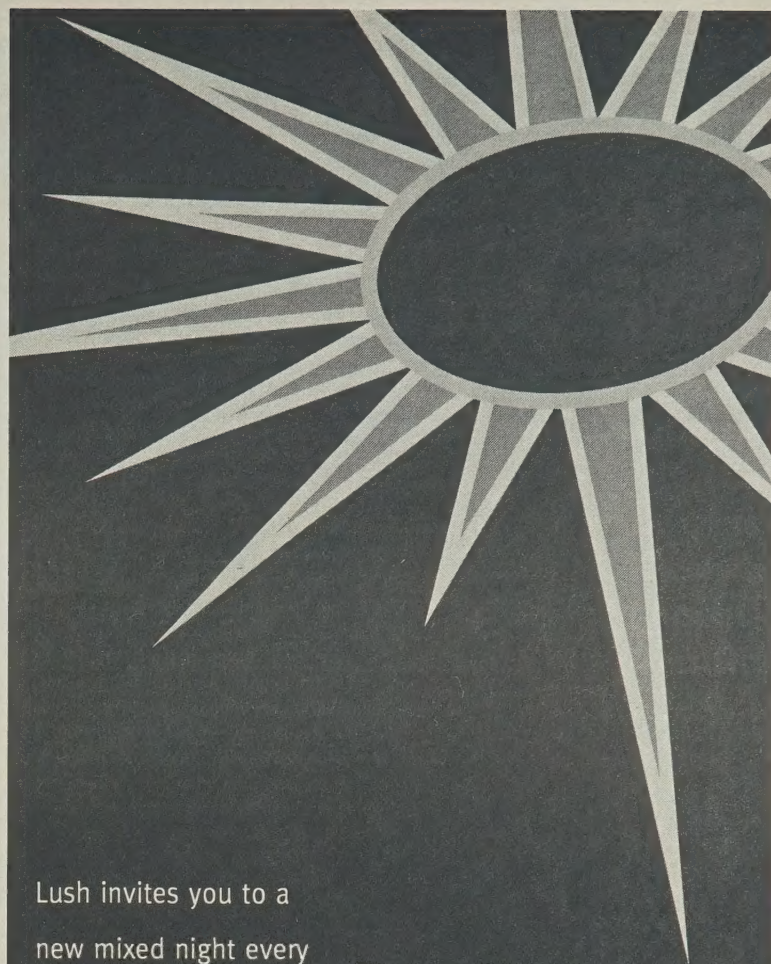
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FYI: News & Notes from the HIV/AIDS Battlefront

"Considering the Unthinkable: Protocol for Assisted Suicide" New York Times

As the Supreme Court considers whether or not physician-assisted suicide should be made legal, doctors have begun discussing how their profession should govern the practice. A number of medical ethics committees in San Francisco—where more half of the doctors have helped someone die according to one survey—plan to publish the first formal protocol for "hastened death" in the June issue of *The Western Journal of Medicine*. The protocol marks the first time a medical community has reached consensus on the highly controversial issue. The proposed regulations call for a 48-hour waiting period, a patient consent form, and a "physician checklist." The latter would require the physician to confirm that the patient was mentally competent; terminally ill and expected to die within six months; and had been provided with proper pain-relief treatments. The checklist would also ask the doctor to insure that the patient's choice had been "freely made," and not influenced by outside factors. Critics of physician-assisted suicide say such guidelines are useless and cannot address the wide spectrum of scenarios in which assisted-suicide might come into play.

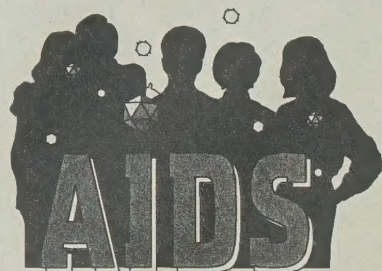
"Second-Generation Non-Nucleoside Reverse Transcriptase Inhibitor HBY097 and HIV-1 Viral Load" Lancet

Researchers from Germany's Bayer Pharma Research Center, the U.S.-based Bayer Research Center, Hoechst, and the McGill University AIDS Center in Canada recently studied a drug from a new class of non-nucleoside reverse transcriptase inhibitors (NNRTIs) known as quinoxaline-derivatives. HBY097 inhibits many HIV-1 laboratory and field isolates, including zidovudine-resistant strains. The researchers noted that the compound appeared to suffer mutations at a less active viral reverse transcriptase than other NNRTIs, suggesting that resistant mutants might develop with more difficulty in vivo. Moreover, HBY097 was well-tolerated by patients and appeared to suppress plasma viral load. The researchers concluded that the new compound and related compounds might represent "promising second-generation NNRTIs, which could be included in first-line combination therapies."

"H.I.V. Testing Project Draws Complaints" New York Times

A new program in New York, implemented on February 1, requires hospitals to locate and counsel mothers of children born infected with HIV. State health commissioner Barbara DeBuono

notes that thus far, "the program is going very well. ... The hospitals have really stepped up to the plate and begun to implement it very effectively." However, the program has come under criticism from many health care officials and advocates who say that the focus should be on prenatal testing because treatment before birth can help prevent the vertical



transmission of HIV. Opponents also note that some hospitals have only ad hoc administration of the program, poor counseling, and little support for those infected. Theresa M. McGovern, executive director of the law project, which provides free legal assistance to low-income HIV infected individuals, said, "There seems to be wild variations of how this is being handled." Some mothers report not having been notified of test results and not being able to get a hold of an authority who could give them the information they needed. Of more than 57,000 babies delivered since the inception of the program, 33 were found to be HIV positive.

"New Strain of AIDS Virus Identified in African Country" Reuters

At a recent Conference on Emerging Infections, sponsored by Harvard University's School of Public Health, Dr. Myron Essex, head of Harvard's AIDS Institute Laboratories, reported a new strain of HIV that has infected up to 43 percent of the pregnant women in Botswana. Essex noted that in 1991, Botswana's HIV infection rate was under 10 percent. According to the researcher, the new strain has greater gene sequence diversion and "has diverged and evolved much more rapidly than even the virus in the United States." This discovery, he said, could mean that new epidemics of the virus could be headed for the Western world. Essex noted that any vaccine developed should "be more cross-reactive to cover different clades, recombinants, and endless generations of new strains."

"Aggressive Treatment of HIV Is Urged" Wall Street Journal

The clinical guidelines on the treatment of HIV-infected patients released Thursday by the National Institutes of Health have been applauded by AIDS activists. The recommendations urge physicians to prescribe combination retroviral therapy, preferably including one protease inhibitor and two other drugs called nucleoside analogs. Activists have expressed concern, however, that people without generous private insurance may have difficulty getting treated because of the high cost of the drugs. "I don't know where the resources are going to come from to give people the standard of care outlined in this document," commented Richard

Jefferys, access project director for AIDS Treatment Data Network.

"Herpes Virus Tied to AIDS May Trigger Bone Cancer" Philadelphia Inquirer

New research published in Friday's edition of the *Journal Science* suggests that the Kaposi's sarcoma-associated herpes virus (KSHV), the virus that causes AIDS patients to develop a previously rare form of cancer, may also cause multiple myeloma, a bone-marrow cancer. California scientists reported finding KSHV in some types of blood cells of patients with multiple myeloma, but not in patients without the disease. The virus is found not in the bone marrow cells themselves, notes James R. Berenson of the Veterans Affairs West Los Angeles Medical Center, but in nearby dendritic cells, causing those cells to secrete interleukin-6, a protein that nourishes the myeloma tumors. If it can be confirmed that the virus causes the bone cancer, adds Berenson, it might be possible to create an antiviral therapy to treat or block development of the disease.

"Safe-Sex Campaign Begun by Kremlin to fight AIDS" Baltimore Sun

Following a nearly 80 percent increase in HIV infections in Russia in the first five months of 1997, the Kremlin unveiled on Thursday a new safe-sex advertising campaign that is based on foreign efforts. The campaign will feature the slogan, "Safe sex, My choice," that will be shown on televisions, buses, and billboards, and will be

promoted in the press. Although the number of recorded cases in Russia remains relatively small compared to that of other countries, Alexander Golusov, chief specialist at the Health Ministry's AIDS prevention department, estimates that the actual number of cases is two to three times higher. "The outlook is extremely pessimistic," he said. "HIV infection is a problem of national security for Russia."

"Diagnostics Advances Help Doctors Determine Which Drugs to Prescribe" Wall Street Journal

Pharmaceutical firms, such as SmithKline Beecham, Roche, and Glaxo Wellcome, are working to develop new diagnostics that will help physicians determine in advance whether a drug will help a particular patient. Roche has already created several tests for viral diseases, such as HIV, including one that makes it possible for doctors to monitor the level of virus in a patient's blood to see whether a certain combination of drugs is effective for that individual. Meanwhile, Roche and Glaxo Wellcome both are working to analyze DNA of mutant HIV strains collected from thousands of patients and correlate the efficacy of drugs against those mutant versions. If successful, the results would be compiled into a database that doctors could consult when planning treatments.

THE FRONT PAGE

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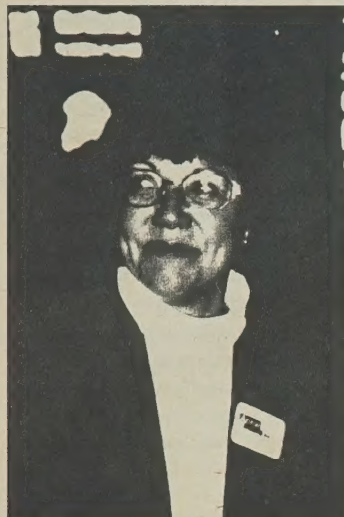
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Capital City Politics

Working For a Better Canada

By The Honourable Anne McLellan, M.P.
Edmonton West
Minister of Justice
And Attorney General of Canada



I want to take this opportunity to thank you for your support in the recent federal election. My campaign would not have been a success without the energy

and dedication of committed volunteers. I appreciate the faith that you have in me and I look forward to serving the constituents of the new riding of Edmonton West in the coming years.

During our first mandate, Prime Minister Jean Chretien's government worked energetically to put Canada's fiscal house in order. We reduced the deficit by more than half, and interest rates are lower than they have been in thirty-five years. Since 1994, Edmonton's unemployment rate has fallen from 11.4% (January 1994) to 6.9% (May 1997). Alberta's unemployment rate of 5.8% is now the lowest in the nation.

Edmonton has shared the dividends of good government and effective Liberal representation in the House of Commons. The consolidation of the megabase at CFB Edmonton is injecting approximately one half billion dollars into the city every year. With almost \$9 billion being invested in oil sands development, the city's economy is growing stronger and the future looks bright.

Thanks to the liberal government's success in fighting the deficit, we now have the flexibility to reinvest in priority areas such as health care. Nevertheless, we are committed to staying the course, eliminating the deficit, and paying down the debt. When the budget is balanced, we will put 50% of any surplus revenue toward tax cuts, debt reduction, and 50% toward priorities like health care, children, and jobs. This balanced approach will not compromise our quality of life or the hard-earned gains of the past three and a half years.

I want to work with the people of Edmonton West to make a difference. If you have any suggestions or comments that would like to

share with me, I would love to hear from you. Please feel free to telephone me at 495-3122, or write postage free to my Constituency Office at 12304 - 107 Avenue, Edmonton T5M 1Z1



...AND I AM WORRIED— GETTING TRASHED IN THE MEDIA

by Councillor Phair

On Saturday, May 24 I was one of four members on a panel presenting at the Canadian Association of Journalists National Convention here in Edmonton. I had been asked to be part of a session titled QUEER REPORTING 101 and to talk for 15 to 20 minutes on my experience of being a gay man in public office—a topic that I might have some thoughts on!

During that short presentation I outlined that the challenge for me was to be seen and taken as a serious politician as well as a gay man. I further suggested in this workshop that I worried, with some justification that the media would both stereotype me and represent me as 'the gay voice' in Edmonton. I acknowledged that describing me as a 'screaming drag queen' in pumps and gloves was the kind of stereotype that the media would like to apply to me or any gay man.

On Sunday May 25, the Edmonton Sun ran an article on the panel session with a headline that screamed PHAIR'S OUR MS DRESSUP. If you were able to see past the headline the article did say that "... Phair said the media has a responsibility to shift attention away from the 'exotic, entertaining and titillating' aspects of gay and lesbian lifestyles to more serious issues". A three day national conference, hundreds of speakers and presenters, and as far as I can tell, this insidious article about my 20 minute presentation was the only coverage in the Sun!

But this was just the beginning! On Tuesday May 28 the Edmonton Sun ran an editorial with the headline PHAIR PLAY WAS FOUL PLAY written by Neil Waugh that went on to say "His appearance at last weekend's so-called 'Queer Reporting 101' seminar may have raised questions in taxpayers' minds, about his ability to represent their interests at city hall. Is he using his position to promote his own personal agenda? One which he did not campaign on?" On Wednesday, Scott Haskins titled his article in the Sun PHAIR SHOULD STAY IN CLOTHES CLOSET. In this article under Real Life, Mr. Haskins writes "Conscious? Try unconscious, even comatose. If a gay person wants to be treated the same as the rest of us, why act differently? If he's smart enough

to run the city, you'd think he'd be smart enough to know better...Last summer, he raised hell when the mayor decided against recognizing Gay Awareness Day. I'm a little offended that there's no Straight Awareness Day. Hey, equal rights are equal rights...If it was just stockings or Gay Awareness Day that would be one thing. But it's both. And when you throw in his donation of homosexual history to the City of Edmonton Archives and his stunt a couple of years ago in Victoria Park, there seems to be a trend developing here."

I can not remember a time that the Sun wrote so much venom directed at me as a gay man! I can tell you that it was no fun to read and I was quite disgusted while also feeling quite powerless to do anything about these trashy articles. It is interesting to note that there was virtually no attack on me as a politician—how I vote, what I stand for and my performance representing Ward 4. What I think is going on is an attempt to discredit me because I am gay—making sure that all Edmontonians remember that I am gay and that everything gay is "bad", "disgusting" and "dishonorable". Donating materials to the Archives is painted as a negative thing to do! All of the points raised are equated with my "agenda" (gay agenda?), a popular notion used to discredit lesbians and gay men, and in particular directed at voters who might consider voting for me.

Unfortunately, the articles that I have quoted from go beyond me. I think that, between the lines, the Sun is marginalizing and maligning the lesbian and gay community in Edmonton. Its references to gay and lesbian awareness, the gathering of our history, being like everyone else and staying in the closet are aimed at all of us. I fear that this might only be the beginning of an attack on our community and me, and that more will be written to intimidate me and other lesbians and gay men. And I am worried because I don't know what to do about it and I do find it threatening, knowing that the Sun can and will dig up such trash whenever it wishes.

Michael Phair

(Contact Councillor Phair at City Hall through phone 496-8146, fax 496-8113 or e-mail mphair@gov.edmonton.ab.ca)

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SPEAKING OF "NORMAL"

by Liz Massiah, MSW.RSW

This is the first in a regular column that I will be writing for Times Ten. Many people have questions about therapy, about how and if it works, and what to expect from a therapist. Also there is a lot of uncertainty about finding possibilities for having a more satisfactory life. Through these articles, I will present current information on various topics and try to respond in a general way to questions or concerns that you might have.

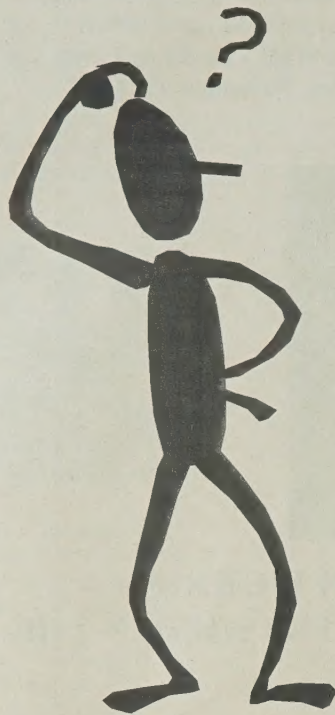
In working within the community for many years both as an activist and therapist, many stories have been told to me about the struggles in accessing healing resources, and is deeply committed to providing an excellent resource to the community. We do not have the same access to services as non-lesbigay people do, with the same acceptance of one's sexuality that non lesbigay people can take for granted. The column title reflects the notion that we deserve healing spaces where being non-heterosexual is normal.

To start the series, is a description of the therapy group for gay men that are being co-facilitated by Nick Zwaagstra and myself.

Monday evenings six gay men are meeting to

work together in therapy. The discussions are wide ranging, from depression, anxiety, to cruising and sex. To the best of our knowledge, this is the first therapy group just for gay men to be held here in Edmonton. And to have "self-declared homosexuals" as therapists.

The group began when I found that there was no such



resource available for some of the gay men that I work with in my practice. To make a chatty story shorter, I approached Nick and we began talking about the possibilities and we decided to do it ourselves.

Somehow that has a familiar ring with the services we need in our community.

The plan is for this to be an ongoing group that will open to new members at regular intervals. At the same time members can leave the group in a

planned way, knowing that in ten weeks, they can return. So far the group has talked, worked with play dough,

done relaxation, and recently held a group interview of "depression".

Some of the men have been in group therapy before but find this group different, since being with other gay men adds a special layer of understanding to the work. No one has to wonder if or when they will be questioned about their gayness in a non-supportive way. There is lots of kidding, some "in joking" that helps the process along. And weekly movie reviews from two members who are avid movie fans.

The degree of structure varies from week to week depending on the needs of the members. Having both a man and a woman as facilitators leads to interesting learning and sharing of views, experiences and perspectives. And some interesting challenges.

Group therapy can be a powerful healing space. Much like "coming out" and finding others like yourself. With others who have had similar experiences, meanings can be unpacked, issues take on new and different perspectives, support and learning can happen. Facilitators can provide some information if needed, provide enough structure to support the respect and safety of everyone. It is also cost-effective, since it is generally less expensive than other forms of therapy.

You can contact me at 910 3050 or 482 1206 for comments, feedback and suggestions. Or send them to Dennis. This is your paper and your space, so let us know what you need.

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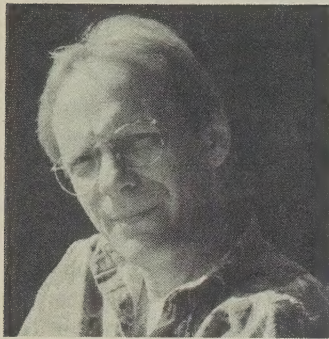
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Edmonton Vocal Minority
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From the Editor

by Dennis Cambly



This is going to be one of the best summers we have ever seen in the Capital City. Perhaps with a little sunshine and a few

degrees of warmer weather we can put aside our petty differences and move on with a little fun in our lives. Instead of spreading gossip and lies about others within our small "out" community we could sit face to face and speak of truths. We do have the capacity to care about each other and often times share real love within our family. Let us keep our eyes open and we can move into the future where we can make changes happen and flow with them. Get out with a friend and share in some of the wonderful summer events going on around the Capital. We will be taking a short break prior to our September issue when we begin publishing ten times per year. In doing so, we can promote and enhance business and events here in Edmonton more often. Remember, we are the Capital City in this province, everyone else is simply and "wannabe".

The vibrations are very strong here as we open the doors to the brightest and most vibrant city west of Toronto. In music, theatre, arts and personalities we have become a terrific place to live. Times .10 will continue to let you know, through your own words, what is happening in our city. It is our time to let the rest of Canada know just how in tune we are with what is going on around the world. In order to do that we need to know what is going on in our own lives and then move outward. So, keep your stories coming to us and we will print them, as space becomes available. With more issues per year we can print more about ourselves and continue to show the profile of a lively place to live.

Since the governments have all gone to sleep for the summer we will bring more news to you on what the politicians are doing. We feel that a dangerous situation has happened in Canadian politics with the election of the Reform party in opposition. They are very clear in what they would do with gays and lesbians if they only had the power to do so. And there stood Heir Klein along side the supreme command, eager to join them in their ordained mission. Everyone in this province knows where he stands on equality.

Alas, the idiot Preston did not understand the eastern politics and the fact that easterners are not inclined to vote neo-Nazis into office. His intolerant attitude got them into plenty of hot water and they were tossed out as a racist group from the west. In fact, they do not represent a good portion of the west, as was seen in victories by other parties in every western province. We will have more on the Reform as we finish the comparison between their party policies and those from their bible Mein Kampf. It is amazing how the two are so familiar. Let us not be passive and quiet and allow such bigots to dictate how we should live, and dictate their values to us. Do we need to fight for our right to be the individual characters that we are today? Many of our Fathers and Mothers fought to rid the planet of such parasites over 50 years ago. Let us not let their battle for freedom be in vain. History is a good teacher and let us take a look at how easily people allowed their deepest racist thoughts to rule their lives. We now number in the millions and our money and our votes will mean a great deal in the years to come. Let us not forget and allow the Reformers to open the furnaces they so eagerly want to.

RememberFirst they came for... and I did nothing....

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HOPE TO SEE YOU
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NOT JUST A RIVERBOAT QUEEN

Edmonton's premier drag queen waves from the sunny roof of his South Edmonton home, where he is busily potting petunias, geraniums and other greenery. He joins me on the front porch to sit in the shade and talk performance, politics, and people. Darrin Hagen, bronzed by previous rooftop sun-soaks, lights up a cigarette and begins to tell me about himself.

"Once you have unleashed your feminine side, you're a drag queen through and through," says Hagen. The first time he saw a drag show at Flashbacks back in the early eighties, Darrin just knew that drag was something he had to do. And since then he has unleashed that feminine side of himself on audiences in numerous locations in Canada. "Doing drag fills a need; you can erase who you once were, and create a whole new person," says Hagen.

The personae, or alter ego, of Darrin Hagen is Gloria.

Hagen doesn't impersonate famous women; his performances are in fact the other side of himself. She is primarily the character of women he has known growing up here in Alberta. It is through Gloria that Hagen has had the opportunity to be a performance artist. "Drag has been my way in to performing art," says Hagen. "I remember the adrenaline rush at my Grade 4 accordion recital, just from being on stage," he recalls, and he has been there ever since.

Although Hagen now sees himself as a writer and performer, he has also had a breadth of experience as a sound designer and composer for various theatres in Edmonton, as well as Vancouver, Winnipeg, Cincinnati and Chicago.

We move on from performance to politics. Not the federal election, but the politics of doing drag. Every time he puts on a dress, says Hagen, he is challenging gender stereotypes. "Drag exposes the objectification of women, and throws stereotypes back into the crotches of straight

men. *Men have to examine whether they are attracted to*

the dress, or the person in it,"

says Hagen, and in so doing, will need to look at the way women are treated in our society. "Drag forces [straight] men to re-evaluate what they find sexy about women."



So why do straight people like to go to drag shows? "Because it is both titillating and terrifying at the same time," says Hagen. "People are afraid of what they are secretly attracted to. People like to watch from the safety of their own lives." When Hagen puts on his dress, he is not only crossing a gender line for himself, but he insists that his audiences, whether straight or gay, grapple with the artificial separation between men and women imposed by our culture.

Hagen has spent the past two years writing his soon to be released book entitled *The*

Edmonton Queen: Not a Riverboat Story.

Writing the book has been a period of grief, change and joy for him. "This has been an opportunity to put closure on a period (not the people) of my life, and to reinvent and move on," says Hagen. "I have discovered that my story deserves to be told. I've found my voice."

That story is an homage to the many drag queens, living and dead, that Hagen has known. "The book is really a love letter to Lulu, my drag mother," he says. "Everything I know about drag I learned from Lulu." It is also an opportunity to make those who have died famous, and for Hagen to say how he feels about them.

"This is a Canada wide story. Many of the queens went home (Vancouver, Halifax) to die, and

many of them didn't get a chance to see how the younger generation is turning out." The book is not only a history of drag in Edmonton, but also Hagen's personal eulogy to those who have gone before. In spite of the loss of many of his queen friends to AIDS, Hagen is quick to recognize that in a way the losses have helped him to appreciate all of the good experiences and wonderful people he has known as a drag queen.

In addition to his book, Hagen has also written a play called *Tornado Magnet: A Salute to Trailer Court Women.*

The play draws on Hagen's experience growing up in a trailer court in Rocky Mountain House, Alberta. "This play is not about straight or gay," says Hagen, "but about the women I remember as I was growing up." The image of bouffant hair and tortoise shell horn-rimmed glasses comes to mind. "Exactly," says Hagen.

Whether he is talking about drag queens or queer politics, Hagen sees himself first and foremost as a writer and performing artist. And he is finally able to make a living at it. "It's ten years since drag went public [in Edmonton]; it's the tenth anniversary of *Guys in Disguise*. Now I can make a living at this, and continue doing drag," says Hagen.

"There are enough people now that will buy tickets that I can keep doing this." Hopefully, people will also buy his book as enthusiastically.

Hagen's hard work is paying off in other ways as well. **On June 23 he was awarded two Elizabeth Sterling Haynes Awards for Excellence in Theatre.** He received one award for Outstanding Fringe New Work (*Edmonton Queen: Not A Riverboat Story*) and the other for Outstanding Soundscape (*Angels in America Part I: The Millennium Approaches*).

The Edmonton Queen: Not a Riverboat Story, published by Slipstream Press, will be out in August and available at the Fringe and Orlando's Bookstore. Watch for Darrin at the Fringe with his plays *Tornado Magnet: A Salute to Trailer Court Women* and *Under the "O" Murder!*

by
Heather Marshall
(first rights only)



Dear Sassy

Dear Sassy,

The telepersonals lines intrigue me. I was wondering if you have any insight to what these types of services provide?

Looking For Love

Dear Bobbing For Bits In All The Bad Bars,

Conchita is addicted to the telepersonals herself. After all, the women get on for free, while the guys get screwed with the paying for the services. She tells me that the ratio of men to women is almost 10 to 1. What a sweet deal that is for the ladies. I've told her she won't find Mr. Right, but rather Mr. In the Meantime. For a hopeless romantic like Conchita, there is always hope.

This addiction of hers placed an idea in my head to go out on a fiber optical limb. I let my own fingers do the walking - or more appropriately, cruising. I rang up a local gay men's telepersonals line to peruse the ads. To my surprise there was a plethora of ads in such exciting categories as: just friends, long term relationships, casual encounters, leather and S/M; bears, big men and their admirers; transgender and phone buddies. Oh my poor gay nerves!

I examined the "just friends" category first. I believe that one can never have enough friends. After listening to the ads I felt quite bewildered.... All the ads had sexual connotations to them. I ask you this: does the category title "just friends" not imply JUST FRIENDS? To me it does. Am I clueless or are these guys in the wrong section? Perhaps the category should be more aptly titled for naive ninnies such as myself. Fuck buddies would be quite appropriate.

The "long term relationship" category, unfortunately, left me feeling so depressed. Here were guys that sounded perfect to me. They workout, are healthy, employed, good looking, honest, sincere; loving and, caring. But I, alas, did not match any criteria of what they wanted; young, buff, hairless, clean-cut, athletic, discreet, top, non-smoking, bottom, straight acting (whatever the hell that means! I don't act anything), blah, blah, blah. If there was a quality befitting

me that I matched there would be one that I didn't. Besides, I hate to have to live up to an other's expectation and be bound by limitations.

The "casual encounters" section was not that enlightening. Everyone's looking for sex, sex and more sex. Quelle surprise!!! Plan to spend a fair amount of time in this section. Unless of course you skip ads after listening to the first three words uttered.

The "transgender" section, well, as Great Grandmama Willow says; different strokes for different folks.

As for the other sections I didn't even bother checking them out. Bears, big men and their admirers has the connotation that I'd have another expectation to fulfill. I want a man who is more than his size and follicle count.

I find phone sex to be rather boring. I don't have the attention span for that type of activity. I end up doing a crossword puzzle while talking dirty on the phone. By the way does anybody know of a five letter word beginning with H for "Laconian Serf"?

The bi-sexual offerings didn't even intrigue me to go looking. Bisexuals are generally too high maintenance for my tastes.

The only thing I learned on my excursions through the telepersonals is that this city is in dire need of a club catering to people who like romantic candlelit dinners, long walks in the rain and having sex in zany places.

If I was to place an ad for myself it would sound something like this:

Twenty six year old nicotine addicted, caffeine induced, cynical, cranky, slacking male is seeking friend and lover for a passionate, respectful relationship based on honesty and integrity. I enjoy margaritas in the morning, lying down, the impact of religion on our dysfunctional society, philosophy, and the pop culture phenomenon. Co-dependents and psycho-analysts need not apply.

You can leave your comments or questions for Sassy at our web site <http://www.times10.org> or use snail mail at: Sassy, c/o Times .10, 10121-124 Street, Edmonton, AB, T5N 1P5

Harold Smith

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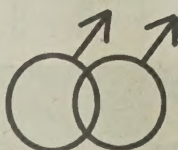
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**BOOK YOUR SPACE NOW TO AVOID
DISAPPOINTMENT !**



Why do so many lesbians and gay men drink so much?

First, the bars are a convenient place to meet friends and lovers. Some of us feel gay bars are the only place we can truly be ourselves among ourselves. And in the bars, we often drink and use drugs. Gay people sometimes don't have the network of family and friends to support us in both the good and bad times. Some of us use drugs and alcohol to deal with that. Some of us struggle with being gay in a heterosexual world. And some of us are gay and face other barriers: of race, of class, of gender, and of age. Some of us have lost control over our drinking and drugging. It may be obvious to others but harder to admit to ourselves. So what are the signs of alcohol and drug abuse?

Do you occasionally drink/drug heavily after a disappointment, a quarrel or when the boss gives you a hard time?

Did you ever wake up on the "morning after" and discover that you could not remember part of the evening before, even though your friends tell you that you didn't pass out?

When socializing with other people, do you try to have a few extra drinks/hits when others will not know?

Are there certain occasions when you are uncomfortable if alcohol or drugs are not available? Do you sometimes feel a little guilty about your

drinking/drug use?

Are you secretly irritated when your lover or friends discuss your drinking/drug use?

Do you find that you want to continue drinking/drugging after your lover or friends say that they have had enough? Did you ever miss work because of your drug or alcohol use?

Have you noticed that you have become more impatient waiting to have your first drink/hit?

Do you go to gay bars more for the drugs & alcohol than the company?

Did you ever wake up in the morning with someone you don't remember having gone home with?

Do you enjoy the bars more when you are drinking/drugging?

Are gay bars the only place you go for gay socializing?

Do you find yourself going to gay bars night after night?

Are you going to the bars instead of trying other activities?

Have you tried switching from one drug/drink to another?

Are you trying to control your drinking/drug use?

Do you often drink or drug before having sex?

Have you and your lover been drifting apart because of your drinking/drugging?

Do you drink/drug because you are gay?

Answer to one or more questions may mean that you are experiencing some problems with your drinking/drugging. If you answer more than one question yes, you should talk to an addiction counselor to help determine what the problem is and what you can do to deal with it.

WOMEN AND ALCOHOL

Can women drink as much as men?

Women on the average, show the effects of alcohol more immediately, more intensely and for longer periods of time than men. Women tend to weigh less and have a higher

percentage of body fat than men, and therefore have less body fluid to dilute alcohol. Alcohol tends to be water-soluble but at high concentration it becomes fat-soluble. Since alcohol is deposited in fatty tissue at these higher levels and women have a higher percentage of body fat, they have more "sponges" to hold the alcohol in the body for longer periods of time. Women produce fewer enzymes to break down alcohol, and female hormones make the female body more susceptible to alcohol at certain times in the menstrual cycle. Because of these factors, women may develop alcoholism more quickly than men, and their progression to severe complications will be more rapid.

Are there special risks for women?

Research indicates that alcohol plays a part in many cases of sexual assault. Up to 90% of rapes involve impairment, either of the perpetrator, victim, or both. While alcohol is not the cause of sexual assault, it may lessen a person's inhibitions, allow violent people to become more violent, and impair a person's ability to discern whether a situation is safe. A person's ability to make a sound decision about prevention of sexually transmitted diseases or pregnancy is also impaired. The ability to actually use a barrier contraceptive method correctly and effectively is impaired, even more so if both people are intoxicated. Unplanned and unprepared for sex can have devastating consequences physically and emotionally.

Are there special strengths for women?

Women generally drink less, and less often than men. National trends indicate that a smaller percentage of women drink alcohol than men, and that women's drinking patterns tend to reflect the drinking patterns of their significant other. But "times they are a changin." After centuries of social taboos on women drinking, women are catching up with men. Recent surveys indicate



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that more young women are drinking. According to a 1996 Duke survey, the percentage of female and male current drinkers is relatively the same: 70% for females and 69% for males. Female and male drinking patterns vary. The average number of drinks per week varies: females 4 drinks and males 6 drinks. A destructive pattern of drinking is binge drinking, defined as drinking 5 or more drinks in one sitting within the last two weeks. It is generally related to negative consequences. Twenty-five percent of females at Duke report binge drinking two or more times within a two week period compared to 33% of Duke males. The difference in prevalence is greater when comparing the highest binge drinking pattern of six or more times within the past two weeks (2.5% vs. 14%).

Negative Consequences from Binge Drinking for Women

- ♦ 62% suffered hangovers
- ♦ 14% performed poorly on a test or important project
- ♦ 4% been in trouble with police, residence hall, or other college authorities
- ♦ 3% damaged property, pulled fire alarms, etc.
- ♦ 18% got into an argument or fight
- ♦ 47% got nauseated or vomited
- ♦ 20% driven a car while under the influence
- ♦ 32% missed a class
- ♦ 24% been criticized by someone they know
- ♦ 6% thought they might have a drinking or drug problem
- ♦ 36% had a memory loss
- ♦ 37% done something they later regretted
- ♦ 15% have been taken advantage of sexually
- ♦ 12% have been hurt or injured

Are women prone to alcoholism through genetics?

Only recent studies have indicated that women are just as susceptible as men to genetic predisposition to alcoholism. Genetics accounts for up to 60% of the factors, which determine a person's vulnerability to problem drinking and alcoholism. Strong genetic predisposition can contribute to a more rapid advancement of the disease but women in general have a more rapid progression due to faster physical deterioration. The female body suffers more quickly due to higher blood alcohol levels, a result of lower levels of alcohol dehydrogenates.

The good news is that treatment professionals are learning how the disease of alcoholism is different for women and therefore tailor the treatment for women. Since female alcoholics suffer more often from depression, attempt suicide more often, take prescription medications, and suffer from abusive relationships, unique approaches to recovery are required.

Has alcohol been an important influence in your family's life?

You maybe aware that there were alcohol problems in your family when you were growing up. However, you may not appreciate ways in which those problems continue to affect you, even as an adult.

Consider the following questions:

- "How can I be sure if my parent is really an alcoholic?"
- "But I'm gone from home now, why should my parents' problems bother me?"
- "If my family is the root of all this, why do my brothers an sisters seem OK?"
- "The past is the past; shouldn't I just try to forget it and move on?"

Your emotional and psychological well being, your academic work, and your present and future relationships may be affected by having grown up in a home where alcohol was a significant problem. It is important that you learn specific ways that alcohol problems in your family continue to influence your life. Let's consider the questions one by one.

"How can I be sure if my parent is really an alcoholic?"

It is not necessary to diagnose your parent. Alcohol disrupts the consistency and predictability, which should be present in every family. It is this disruption and the resulting confusion and chaos that are important — not a medical diagnosis of your parent. A recent poll reported that one in every three American families is affected by alcohol abuse. If alcohol was or is an important influence in your family, it is important that you learn about patterns related to being an Adult Child of an Alcoholic (ACoA). An "alcoholic" family is any family disrupted by alcohol abuse.

"But I'm gone from home now; why should my parents' problems bother me?"

If you grew up in an alcoholic family you may have longer for the day when you could go to college and leave the pain and chaos of your family behind. You may be surprised, therefore, to find at college that you experience feelings of dissatisfaction, apathy, or distance from other people, similar to those you felt at home. Such feelings are easy to understand when you consider that families are places where you learn about yourself and about life.



1. DON'T TRUST. In alcoholic families, promises are often forgotten, celebrations cancelled and parents' moods unpredictable. As a result, ACoAs learn not to count on others and often have a hard time believing that others can care enough to follow through on their

commitments.

2. DON'T FEEL. Due to the constant pain of disappointment, a child in an alcoholic family must "quit feeling" in order to survive. After all, what's the use of hurting all the time. In these families, when emotions are expressed, they are often abusive, and prompted by drunkenness. These outbursts have no positive result and, along with the drinking, are usually denied the following day. Thus, ACoAs have had few if any opportunities to see emotions expressed appropriately and used to foster constructive change. "So," the ACoA thinks, "why feel anything when the feelings will only get out of control and won't change anything anyway? I don't want to hurt more than I already do."

3. DON'T TALK. ACoAs learn in their families not to talk about a huge part of their reality — drinking. This results from the family's need to deny that a problem exists and that drinking is tied to that problem. That which is so evident must not be spoken aloud. There is often an unspoken hope that is no one mentions the drinking it won't happen again. Also, there is no good time to talk. It is impossible to talk when a parent is drunk. When the parent is sober, everyone wants to forget. From this early training, ACoAs often develop a tendency not to talk about anything unpleasant. "If my family is the root of all this, why do my brothers and sisters seem OK?"

Hero: These children try to ensure that the family looks "normal" to the rest of the world. In addition, they often project a personal image of achievement, competence, and responsibility to the outside world. They tend to be academically or professionally very successful.

Adjuster: In order to cope with the chaos of their families, these children learn to adjust in inappropriate ways. They learn never to expect or to

Continued on page 15

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Edmonton's Gay Community Support Groups and Services

AIDS Network of Edmonton Society

The Network retains its original operating philosophy: to provide support and education wherever it can be helpful in north-central Alberta. AIDS Network of Edmonton works cooperatively with all those organizations in Alberta and across the country who are working to help limit the spread of HIV infection. Today the network provides: Education, Info-Line, Speakers Bureau, Resource material and various Support groups. If you wish to know more about the Network call 488-5742

Alcoholics Anonymous

A A is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. Call 424-5900 for times and places of Gay and Lesbian meetings.

AXIOS - Edmonton

AXIOS is an international organization of Eastern Orthodox and Eastern-Rite Catholic Gay and Lesbian Christians. Our mandate is to promote a greater understanding of human sexuality and spirituality within the Eastern Christian tradition. The AXIOS monthly newsletter is available via the Internet. Contact Dushan at 454-8449 for more information.

Bare Naked Boys Club of Edmonton - BNBCE

A naturalist group of gay men in Edmonton interested in social nudity. This is not a sex club. Men of all ages welcome. Call Fred at 469-7231 for information.

Brethren Mennonite Council

For Gay, Lesbian and Bisexual concerns. This is a support community for gay, lesbian and bisexual Mennonites and friends. Contact Tim at 454-1479 or Garrett at 423-1725 or e-mail: garrett.cpp@ualberta.ca.

Dignity Edmonton

This Edmonton chapter is a support community for gay, lesbian Catholics and friends. Contact Bernard at 451-1794 or Dennis at 482-6845

Edmonton Prime Timers

Prime Timers is a social fraternity for older gay and bisexual men and their friends. The purpose of Prime Timers is to provide an opportunity for mature gay men to fraternize and join together in a program of social activities. Meetings held 2nd Sunday each month at the Unitarian Church at 3:00 p.m. If you would like more information address correspondence to Chairman, Edmonton Prime Timers, Suite 1093, 11444 - 119

Street, Edmonton, T5G 2X6. Contact Peter at 426-7019.

Edmonton Vocal Minority

A mixed voice chorus joining together in a common love of music and a desire to build a greater spirit of unity and pride in the lesbian community. If you are interested in singing with EVM or working in the areas of promotion, staging or front of house concerts and events, please contact us at P. O. Box 12091, Main Post Office, T5J 3L2 or telephone 988-4620.

Feather of Hope Aboriginal AIDS Prevention Society

The Feather of Hope was founded on a need to provide AIDS education and support to Native People in Alberta. Through education and the development of communities in partnership, it is hoped that the spread of AIDS will be lessened. We offer training and education programs, as well as support through traditional ways. Volunteers are very important to us, if you can help, or would simply like some more information call 488-5773

Free-To-Be Volleyball Association

We have 3 divisions: 1) Fun/Recreational - Wednesdays, 6:30-8:30 p.m.; No regular commitment needed: Now until end of June you can join anytime. Fee: \$10.00/year: Level: Beginners to Intermediate: Donnan School - 79Ave & 87 Street. 2) Competitive - Tuesdays, 7-9:30 p.m.; Fee \$35/8 week period: Coaching & Games each night. 3) Beach - Day/time/cost TBA; June to September. For more Volleyball information call Ron at 428-3375.

Gay and Lesbian Community Centre of Edmonton (G.L.C.C.E.)

The centre contributes to the well-being of Edmonton's gay, lesbian and bisexual community through informational, social support services and its social information line. The services offered by the centre include an information line, telephone referrals, library, drop-in peer support counselling and social activities arranged and sponsored by the centre. Further information is available at 488-3234

Gaylines

A special telephone service is available. The intent of this line is to aid in the forming of a central information net that will aid all walks of life. Messages are outgoing only. The line is setup in a single location that will be permanent and will also be listed in the phone directory. It is free to all Alternative Lifestyles, Support groups, Clubs, Individuals and Businesses. Call 486-9661 to request your mailbox.

Gay Men's Outreach Crew (G.M.O.C.)

G.M.O.C. is a peer education initiative for gay/bisexual men that works toward: preventing the spread of HIV amongst men who have sex with men, advocating for healthy lifestyle choices, and addressing social and health concerns by fostering self-esteem and gay positive attitudes. For information on G.M.O.C. workshops and other activities contact Kirk at 488-5742, or call our Hotline at 988-3671.

Gay and Lesbian Awareness (G.A.L.A.)

We are an organization interested in human rights issues especially related to sexual orientation and changing Federal and Provincial legislation. We are always interested in new members. If you are interested call Murray Billet at 482-7421

Illusions Social Club

A social club for Crossdressers, Transsexuals and their supporters. Our main goal is to provide a safe, discreet and friendly atmosphere where we can socialize as a group. We also provide information and peer support for members. We hold two socials each month, one on the second Thursday and one on the third Saturday. For more information write to Illusions Social Club,

Box 33002, Glenwood P.O., Edmonton, AB. T5P 4V8; or phone either 488-3234 (GLCCE) on Tuesday evenings to talk to someone person to person or 486-9661 box 1 to leave a message.

Imperial Sovereign Court of the Wild Rose

The mission of the Court is to raise funds for charities and other organizations which either provide direct services to gay and lesbian individuals. Meetings of the Society are held monthly on the last Wednesday. For meeting location and time please see the Court notice boards in Boots and Saddle or the Roost. You may also call Gaylines at 486-9661 and press box 27. <http://www.geocities.com/WestHollywood/5904>

Interfaith Association on AIDS Edmonton

The purpose of this association is to sensitize local faith communities and their leaders to the unique spiritual and emotional needs of those infected by HIV/AIDS. The following faith communities are included: Anglican, Baha'i, Baptist, Beth Shalom Synagogue, Lutheran, Metropolitan Community Church, Roman Catholic, Temple Beth Ora, Ukrainian Catholic, Unitarian and United Churches. Phone 448-1768 for more information.

Lambda Christian Community Church

We are a non-denominational evangelical Christian church. One of our primary goals is to provide a safe and affirming environment for all who desire to worship God. Lambda Community Church, 11148-84 Avenue (Garneau United Church) Edmonton, T6G 0V8. Call 474-0753. Weekly Sunday service at 7 p.m.

Liaison Committee, The

In June of 1993 Edmonton Police Service and the Gay and Lesbian community for met a liaison to promote an atmosphere of understanding and mutual respect. For more Info call Edmonton Police Service at 424-7248 (pager 293) or Murray Billet at 482-7421

Lipstick Lesbian Youth Peer Support

This is an organization intended to allow all femme lesbians and bisexuals the chance to meet and realize that they are not alone. Our goal is not to segregate the lesbian community, but to acknowledge that femmes do exist. This is an opportunity to meet and socialize with other femmes. Please call 988-4836 for more information.

Living Positive

Emotional, spiritual and psychological support is available through Living Positive to all those affected by HIV infection. We offer strong, loving, confidential support. We also meet weekly and share our mutual experiences. Living Positive is entirely directed by and for people who share a common diagnosis of HIV+. Peer counselling, hospital visits and a speakers bureau are also available through our society. Phone 488-5768

Lutherans Concerned: Edmonton

We are a spiritual community for lesbian, gay, bisexual and straight people. Lutherans Concerned gathers monthly for worship, sharing, and friendship. We offer individual support and a safe space for our own spiritual questions. Call Tim at 482-2294, or write P.O. Box 11095, Edmonton, AB, T5J 3K4 e-mail: luthcone@freenet.edmonton.ab.ca

Metropolitan Community Church of Edmonton (M.C.C.)

We are a local church within the denomination of the Universal Fellowship of Metropolitan Community Churches. Our major focus is to the defranchised of society. The UFMCC allows anyone to feel a part of the Christian Community and to claim our place in God's Universe. Services are open to all. We worship on Sunday evenings at 7:15 at McDougall United Church - South entrance. Please feel free to join us! Call 429-2321 for more information.

Northern Chaps

Edmonton's Leather - Fetish club for Gay, Lesbian, and straight men and womyn was established six years ago. We strike to educate

the rest of the community through workshops, staged demonstrations and events in order to heighten awareness. Northern chaps meets at Boots & Saddle on the first and third Friday of each month at 9 PM.

Northern Titans

Northern Titans International Bowling League meets every Saturday, at 5:00pm September to April, at Pins & Cues Bowling & Billiards Centre, Southeast corner of Westmount Shopping Centre, 111 Ave. & 135 St. For more information please call Paul Guericke at (403) 456-0851 or Karen Kurylo at (403) 432-7759.

Out and Out (O²)

An Outdoor and Recreation Group for Edmonton's Lesbian Community and their friends. Membership is \$5.00 per calendar year. Free newsletter published bimonthly and available at local gay hangouts. O² Hotline is 988-3132 for activity inf., who to contact, how to join etc. Get Involved - Have Fun - Meet New People..

OUTreach

OUTreach is a university based organization for gays, lesbians and bisexuals interested in an academic atmosphere. Meetings are held every Tuesday at 5:00 p.m. on campus; main floor of the Athabasca hall. Topics vary from week to week. Additional information is available by calling 988-4166.

PFLAG

Parents, Families, & Friends of Lesbians & Gays. PFLAG promotes the health and well-being of Gay, Lesbian and Bisexual persons, their families and friends through support, education and advocacy. Meetings are held the 3rd Tuesday of the month.. Newsletter editor Ellen at 465-3057. Outreach to speak confidentially to a PFLAG volunteer 944-1394, Voice Box 3524 (PFLAG) Mon-Thurs, 7-9:30 p.m. (Recording 24 hrs a day).

Pink Triangle Youth of Edmonton (P.T.Y.E.)

The Pink Triangle Youth Group is a program offered by the Community Centre. The youth group exists so that young people age 16 to 21 - lesbians, gays, bisexuals and those wondering about their sexuality can explore their feelings, meet other young people like themselves. Information is available to all along with fun in a safe, supportive environment. Phone 906-6221 for more information about the Youth Group.

S.O.L.O.

Social Organization for Lesbians Only is a group that gets together for fun and recreation. Lesbians over 18 are welcome to join in for weekend functions and entertainment. We combine friendship, companionship and support with singles and couples welcome. Call Linda at 447-4776 for more information

Team Edmonton

Team Edmonton - Gay Games Association is set up to provide an opportunity for person interested in participating in the Gay Games through fund raising. If you would like to be involved with Team Edmonton call 482-2789

Visions - Unitarian Church of Edmonton

Gay, Lesbian, Bisexual, Transgender discussion group. We meet the 4th Wednesday of the month. Call UCE at 454-8073 or Anita at 454-1992. Not necessarily Christian.

Womonspace

The purpose of Womonspace is to foster a positive Lesbian identity among ourselves and the larger community. We hold dances, produce a newsletter and hold other activities. For information call the Lesbian Life at 425-0511.

From the Heart of Calgary...
They're baaaaaaacckkkkkkk



Born Reform???

The startling discovery that affiliation with the Reform Party is genetically determined was announced by scientists in the current issue of the journal *Nurture*. Reports of the gene that codes for political conservatism, discovered after a long study of quintuplets in Burnaby, BC, has sent shock waves through the medical, political and golfing communities.

Psychologists and psychoanalysts have long believed that Reformers' unnatural and frequently unconstitutional tendencies results form unhealthy family life — a remarkably high percentage of Reformers had authoritative, domineering fathers and emotionally distant mothers who didn't teach them how to be kind and gentle. But biologists have long suspected that conservatism is inherited. "After all," said one author of the *Nurture* article, "it's quite common for a Reformer to have a brother or sister who is Reform." The finding has been greeted with relief by parents and friends of Reformers, who have tended to blame themselves for the political views of otherwise lovable people — their children, friends, and unindicted co-conspirators.

One mother, a longtime Liberal, clasped her hands in ecstasy on hearing the finds. "I just knew that it was genetic," she said, seated beside her two sons, both avowed Reformers. "I just knew that nobody would actually choose that lifestyle!" When asked what the Reform life style was, she said, "Well, you can just tell from watching TV, like at the convention in Nanaimo: the loud outfits, the flaming xenophobia, the flamboyant demagoguery — you know." Both sons said that they had suspected their Reformism from an early age but did not confirm it until there were in college, when they became convinced it wasn't just a phase they were going through.

Despite the near-certainty of the medical community of Reformism's genetic origins, troubling issues remain. The *Nurture* article offered no response to the suggestion that the startlingly high incidence of Reformism among siblings could result from the fact that they share not only genes but also psychological and emotional attitudes, being the products of the same parents and family dynamics. And it remains to be explained how so many avowed Liberals are known to vote Reform occasionally — or at least to fantasize about doing so. Polls show that three out of five Liberals admit to having had a Reform experience. In well-adjusted people, however, this experimentation rarely outlasts adolescence.

Surprisingly, some Reform activists hail the finds as a step toward rather than as an invitation to more conservophobia. They argue that since Reformers didn't "choose" their unwholesome lifestyle any more that someone "chooses" to have a ski-jump nose, they shouldn't be denied civil rights to which normal people are entitled. Other Reformers, recalling 19-century scientific studies that "proved" the mental inferiority of blacks, find the frenzied search for the biological cause of Reformism pointless, if not downright sinister. But for most real Canadians, the discovery opens a window on a brighter tomorrow. In a few years, a therapy could eradicate Reformism altogether. If conservatism is not the result of sheer omeriness (as many suspect) but is something Reformers can't help; and probably don't even like, there's no reason why we shouldn't tolerate Reformers in the military or even high elected office — provided they don't flaunt their political beliefs.

Tornado Magnet

A Salute to Trailer Court Women
written and performed by darrin hagen
directed by ron jenkins

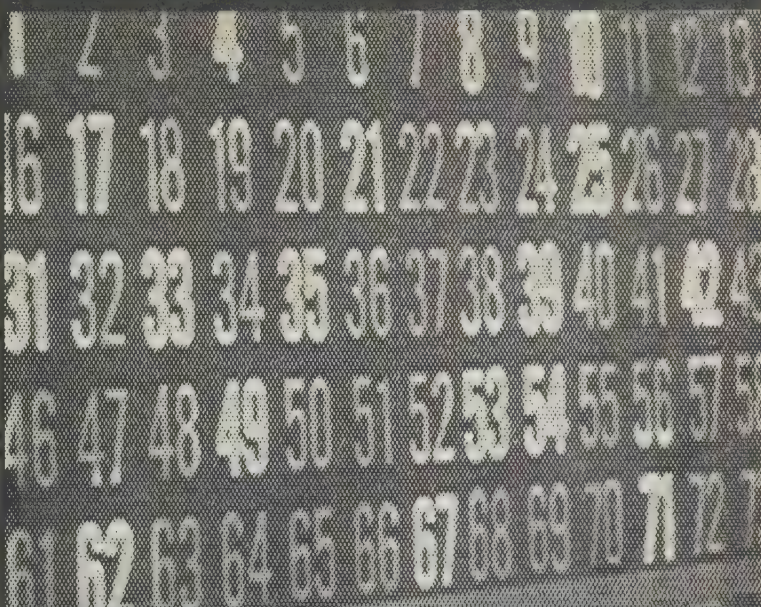


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AUGUST 15-24

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and a cast of over two hundred
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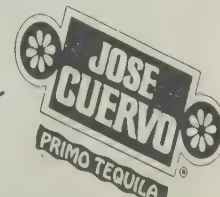


PLANET OF THE FRINGE
AUGUST 15-24

BYOV-F REBAR 10551 WHYTE
8:15 PM NIGHTLY NO PERFORMANCE AUGUST 24



Guys in Disguise





HOTTEST

There are a number of places around our city that are really HOT. If you want real action and fun then there are a few stops that just need to be made along the way. **REBAR** on Whyte has everything going that everyone wants. Upstairs you can be entertained by some of the hottest live action seen in the city. Downstairs the music is clean and great for dancing the real dance. Line-ups are common so get there early. **109 DISCOTHEQUE** just recently opened on 109 street and Jasper has a variance of entertainment going on every night of the week. Terrific music goes out to you on a clean sound system with a light show to match. The staff is friendly and you have no fears of being treated with attitude instead of courtesy. You will also find quite the treat with Prawn-O-grafix side bar. Walter will tease your appetite with some interesting combinations. **JAZZBERRYS TOO** Café is on great place to converse with friends. Located on 124 Street across from, of all places, the Dairy Queen. Tuesday is Karaoke night for those who dare to share. On Fridays you will have some fun while listening to the tunes from Linda Kropf. They have even added a pool table to give you some added fun. And those desserts are just a delight! **CAFÉ de VILLE** located on 124 Street and 102 Avenue, is a wonderful place to take a date for a romantic evening. They also have an outside patio for the summer months. The food is par excellence. Just the right portion to save a little room for their desserts. If you want to meet some friends for a price break and great food, stop by **THE GARAGE** on 106 Street next to Boots 'n Saddle. The menu has a wide selection of delectables at prices everyone can afford. **BOOTS 'N SADDLE** still offers the only lounge atmosphere where you can talk and listen. A variety of entertainment including a male stripper, pool tournaments and other shows give them a unique place to venture along your way. You want Edmonton at its' best, then these are your only entertainment stops you need to make!!!

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Change of Direction

Jim D.

A human child who is raised by wolves will probably take on the responsibilities and behaviours of a wolf. But, at some point in his life, he may realize that there is something different about him, that in fact he is not a wolf. His journey of discovery begins.

The first 18 years of my life were spent with a family who relied on the principles; don't talk, don't feel, don't trust. My father drank alcoholically and my mother abused prescription drugs. I am the youngest of three and the only boy. But even with the advantages that combination presents, it was fate that has brought me to today.

At age 10, a neighbour sexually abused me. My mother's reaction was to send me to bed without supper and I was forbidden to ever speak of it again. At 13, I met my first love, another young man of the same age. Together, we embarked on a mutually agreed upon sexual relationship. We were caught and never allowed to see each other again. I was told that what I had done was "against God" and that if the behaviour continued I would certainly be "punished".

I formulated three self-defeating opinions of myself. One was that I could not speak of what was on the inside of me. Another was that it was wrong to be who I was. The third, that I was being punished by God.

The majority of my adult life has been about seeking out sources of comfort. Anything that could take me away from the pain that I felt. Alcohol, drugs, sex, food and my most recent experience with gambling. All used as a way to hide and escape from the inside me. Gambling was just the final tool used to prove what a horrible and lousy person I was. But something backfired on me - my pain intensified 10 fold. Suicide became my only option. I asked God to help me to do the right thing.

The next day, the man I was dating for 9 months called and told me he didn't want to see me anymore. The following Tuesday, I lost my job. You would think that what followed was devastation.

Now, I have to say that all of this went down after being clean and sober for close to a year and after being in recovery since 1990. In 1994, I celebrated 4 years of sobriety in AA, a month later I started another love affair with alcohol. In May of 1996, I returned to AA after a long and hard drinking binge that ended in an act of extreme violence. I was charged and ordered to pay \$12,000 in restitution. What I could never do in AA was open up to my pain, it was all too hard for me to face, I was consumed with shame and guilt and that is why my living problems continued. The gambling finally took me to a point in my life where I had to get honest.

There is no shame when I say "My name is Jim, and I am an Alcoholic". There is also no shame when I say "not only am I powerless over alcohol, I am powerless over all of my other self-defeating behaviours".

Alcoholics Anonymous, Gamblers Anonymous and therapy have all helped me to admit to this. It was from that single admission that I have regained control over my life. I have learned to face my pain. I have opened my heart to a hurt little boy and have given him the love and respect he has searched for - for all of his life. I have dispelled the nonsensical religious values placed on a 13-year-old boy and have replaced them with values of dignity and pride. I have learned to forgive. I have learned to trust. I have experienced the value of honesty.

Each person in recovery has their own story, their own experiences, their own pain and their own journey to humanness. Today I am grateful, for every

person, for every experience, for everything. I have realized I am not a wolf.

I would like to close with a summation of my own personal recovery. I wrote this on a rainy day after therapy when my therapist and I ventured inside of my heart so that I could finally get in touch with my pain.

The sun is blocked from my view by the clouds that hang above my head;

I wander aimlessly, searching for a break in the sky, a glimpse of blue;

Darkness consumes me, my soul grows tired and

tristful;
Pain, guilt and shame stare coldly into my heart.
Grace! Suddenly a warmth my spirit has never felt

before;
A realization that my clouds are not above, they are

within;
My journey towards the sun has commenced;
A change of direction from West to East;
A fearless journey towards freedom.

Alcohol in the Family?

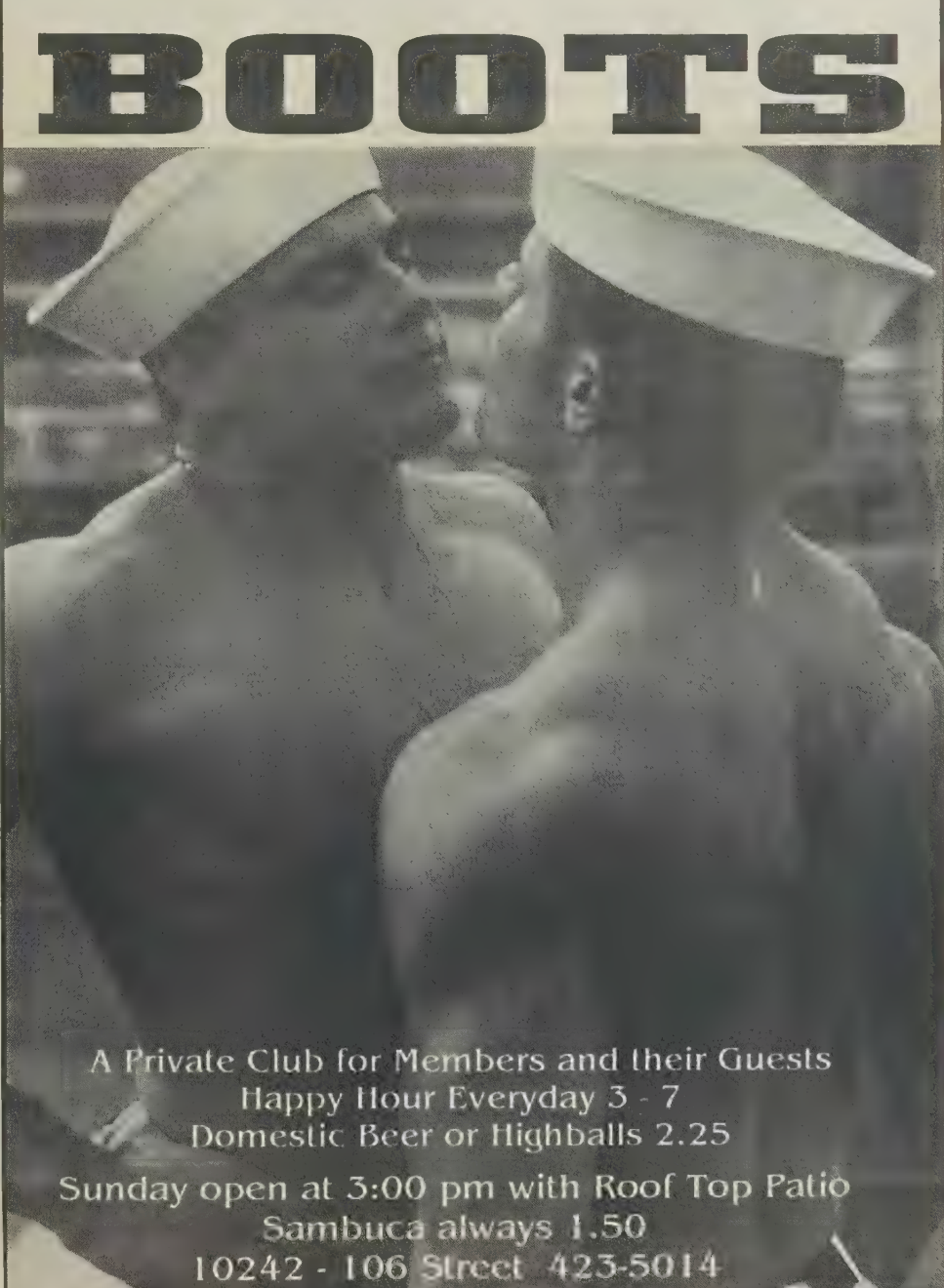
Continued from page 11

plan anything. They often strive to be invisible and to avoid taking a stand or rocking the boat. As a result, they often come to feel that they are drifting through life and are out of control.

Placater: These children learn early to smooth over potentially upsetting situations in the family. They seem to have an uncanny ability to sense what others are feeling at the expense of their own feelings. They tend to take total responsibility for the emotional care of the family. Because of their experience in this role, they often choose careers as helping professionals, careers which can rein-force their tendencies to ignore their own needs.

Scapegoat: These people are identified as the "family problem." They are likely to get into various kinds of trouble, including drug and alcohol abuse, as a way of expressing their anger at the family. They also function as a sort of pressure valve. When tension builds in the family, the scapegoat will misbehave as a way of relieving pressure while allowing the family to avoid dealing with the drinking problem. Scapegoats tend to be unaware of feelings other than anger. Some of these roles may look more effective than others, but each has its own drawbacks and its own pain. From the perspective of your role, it may be hard for you to understand the pain of a brother or sister in another role. Even though their pain may not be obvious, all of these roles have potentially serious consequences. "The past is past; shouldn't I just try to forget it and move on?" Trying to forget the past without understanding how it affected you will usually not work and may lead to more problems. The best way to "move on" is to squarely face the past, its importance, and its meaning for you. Often this means understanding and forgiving your parents so that the healing process can begin. You can learn more about making peace with the past in several ways. You may choose to read some of the excellent books written for ACoAs or you may opt for individual therapy, group therapy, Al-Anon, or support groups for ACoAs. Most communities now offer educational programs for ACoAs as an inter-mediate step between books and therapy. Need Additional Help?

Some excellent books on the topic are: 1. "It Will Never Happen to Me." Claudia Black. Denver, Colorado: Medical Administration Press. 1982. 2. "Guide to Recovery: A Book for Adult Children of Alcoholics." H. Gravitz and J. Bowden. Pompano Beach, Florida: Health Communications, Inc. 1985. 3. "The Struggle for Intimacy." Janet Woititz.



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Thanks to Edmonton's Gay community for all the great support on Saturday, May 3rd. A fundraiser for Kairos House. Money raised \$1165.00. Thanks to Boot's and Saddles, Jim, Ross, for posters cost and Ed for poster design. The sale of tickets Eva, Dave, Jim, and Warren. My co-host Jackie 2 step and the Gib the afternoon bartender??? For decorating. The special Calgarian who donated \$250.00. To all the great performers, Jackie 2 step, Roxi, Eva, Mr. Vera, Dina Thirst, Endora, Toots, Vanity and Theasa. Thanks to all donors: Conrad's Sugar Bowl Coffee Shop, Tanks Unlimited, Spruce Grove Green House, Earth's General Store, Orlando Books Ltd., Darleen's, Minit Car Wash, Waltz of Flowers, Alley Katz Ltd., Lyon's Empire Inc, The Urban Cow, Shirley Potters Ltd., Hulls Foods, Executive Express, House of Eve, Garneau Theatre, Paul Finch, Dale Hoggins, B & G Enterprises, Edward Orritt, Mr. Bob Pellerin, Mr. R G Ritchie, Mr. Ralf Beyer, Mr. S Sonnenfeld, Mr. B Mackenzie, Mr. Tom Olenuk, Mr. Lan's McPhee and Mr. M Duval. And many thanks again to all.... Love Bev.



Table Music: Embracing Difference, Creating Harmonies. A conference for Mennonite Brethren, Lesbian people, families and affirming friends. To be held October 3 to 5, 1997 in Canmore. For more information and registration form contact Heather at 403-987-4974, or Fax 403-987-4089 (non-Mennonites also welcome!)

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Hi May name is Kevin and I am a Political Junkie

Sometimes I wonder why I'm such a Political Junkie, then I open the paper, start reading, and often times I'm angry at what I see.

I realize that politics is not an isolated activity, but everything that politicians talk about, or carry out may affect my life.

So you're saying what does this have to do with "me," well good question, In fact I asked myself that very same question, and I came to the conclusion that I had no right to be angry, or sad or anything else unless I was prepared to do something about it.

I finally decided that there are things I can do, first of all. It is very easy to forget who runs this country. Most people realize that each one of us casts a vote every 4 or so years and then for some reason we fall asleep.

Well that has just been the problem In the last 2 or so decades, we all have just gone back to sleep. That sleep is called apathy and with the exception of a few gay rights groups and those who support people dealing with HIV/AIDS, we have all been a sleep.

By "we" I mean all groups that are fighting for equally, that includes issues such as race, gender equality, labour rights, as well as the rights of the poor and persons with mental and physical disabilities.

All of these people are losing there voice, and the only way that we can do something about it is to VOTE, and encourage those around us to do the same.

Each one of us has a responsibility both to ourselves and to the community. We can't complain when the present government takes away our Healthcare, or does not respond to our Human rights issues, or fires us because of our sexual orientation, by not voting or not being involved we allow this to take place.

If you still decide that you don't want to get involved or are unable to get involved you can still do the most important thing, that's exercising your democratic right.

In future articles I want to show you how apathy has caused some of the most terrible events in history to take place.

I will have some stats that show how Hitler was elected as chancellor of Germany because of apathy. I will show you how the present government was elected by less then 50% of the electorate.

I hope to be able to make us all aware that In order for all in society to benefit, we must do our part to make our home, the place we want it to be.

Till next time

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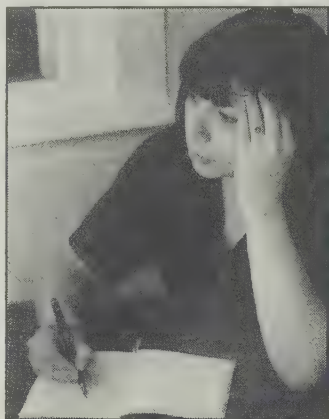


10121 - 124 ST.



Girl. Boy. Fish

Is it possible for the potent mix of love and manic-depression to inspire art? It would seem that Zhauna Alexander thinks so. In her soon to be released book *girl. boy. fish.*, Alexander's first book of poetry, she explores her own personal struggle with breaking up with the love of her life - a woman named Bobbi, her childhood molestation by her grandfather and her struggle with manic depressive disorder.



Alexander's poetry takes the form of one line per page. "This allows the reader to concentrate on one thought at a time, and your consciousness absorbs it," she says. She believes that the children's book feel to her work allows "the inner child to come out, the soft vulnerable side of each of us. When you deal with issues of rape, molestation, and love, they all pertain to the inner child."

As a former freelance journalist, Alexander has moved to poetry as a way to express the "subconscious mind," she says. "I didn't like the journalism because I was more attracted to the abstract. Prose is more conscious. With poetry there is more freedom."

By her own admission, Alexander has had a struggle with her sexuality. In her poetry we find a list of men and women she has slept with, and she says she is confused about her orientation. "I think I am mostly bi, but probably I will end up getting married to a man." At the same time her love for Bobbi, the woman who inspired Alexander to write her book of poetry, is still alive. "I don't know that I will love anyone as much as her," she says. Because of her struggle with her sexuality, Alexander says "I don't feel very accepted by the gay or heterosexual community. I feel guilty about being bi."

At the age of twenty-four, Alexander has seen the dark side of manic depression. She has made two attempts at suicide, taken dozens of

medications for her depression, and during a three-month stay in hospital, underwent shock treatment five times. It is not surprising that she feels she has nothing to lose by putting her poetry out for public scrutiny, "only something to gain. If someone doesn't like my work, I am not concerned as long as I like it," she says.

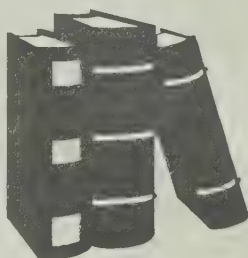
More recently, Alexander has found a source of comfort in being baptized in the Christian Orthodox Church. In addition to her weekly attendance, she participates on committee that is writing the history of her church. Her pastor is her inspiration. "He is such a good, pure person," she says. "He helps me to love Christ and God. By doing so, I feel like I am loving myself." As a result of her new found faith, Alexander is working very hard at

living a much healthier lifestyle, and says she has included Christian allusion and symbolism in her book of poetry.

Because of her dyslexia, reading the work of other poets has been difficult for Alexander. This has not prevented her from creating poetry that reflects her own experience. In fact, she is now exploring the possibilities of making her book into a film. It will be up to readers and viewers to determine whether her work is in fact art.

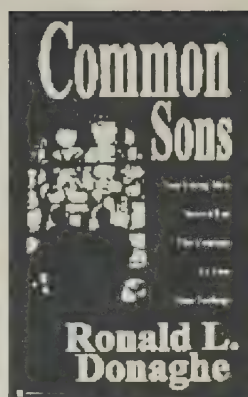
Alexander is reading her poetry at Orlando's Bookstore on August 8, 1997, and you can look for her book early this summer.

by Heather Marshall
(First Rights Only)

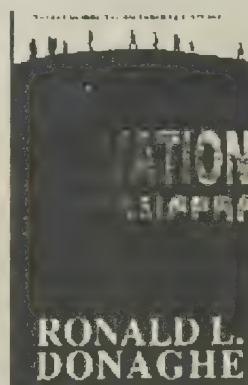


Books of Interest (not reviewed)

Commonwealth Publications of Edmonton, Alberta, Canada, is releasing the first title (COMMON SONS), as a special title for August 1997. THE SALVATION MONGERS is Ronald Donaghe's latest novel and is scheduled for a fall release.



forever when Tom comes to town. The son of a preacher, Tom reaches out to Joel in friendship, and their bond to each other becomes as tight as brothers. Joel's openness to his own feelings and acceptance of himself, yet another healthy trait instilled by his loving parents, lets him explore some confused feelings he has for Tom. His confusion clears after a reckless bout of drinking ends with a very public kiss from Tom, but Tom's torment of sin and self-incrimination are far from over. COMMON SONS is a moving tale of self-discovery, love and finding the courage to come to grips with the truth in



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Ronald L.
Donaghe

Joel's rural life of high school and farming in Common, New Mexico is changed

the face of hatred and adversity.
ISBN 1-55197-329-4,
Paperback, \$ 7.99
CAN / \$ 5.99 US

The
Salvation
Mongers

Ronald L. Donaghe

Finding The Real Truth

A broken-hearted and enraged Kelly decides to pose as a recruit at Lion's Mouth Christian Ranch to discover why his beloved William committed suicide after experiencing religious enlightenment. In the isolated high mountains of the desert, where there is no way out, Kelly soon discovers the awful truth. But can he resist the powerful brainwashing or survive long enough to tell others? Or will he inevitably lose his own self-destiny in this game of religious salvation?
ISBN 1-55197-358-8, Paperback, \$ 6.99
CAN / \$ 4.99 US

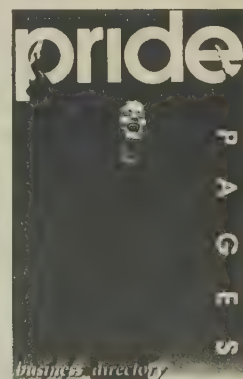
Other News

Ronald Donaghe is currently planning a mid-west book tour for October 1997 to

promote the new edition of his book, COMMON SONS. Beginning in St. Louis, the tour will include stops at gay/lesbian bookstores in Missouri, Illinois, Wisconsin, and Minnesota. If you would like to interview him for your periodical, he can be reached at (505) 646-1049 day and (505) 527-2647 night.

Mr. Donaghe is also the editor of a southwestern newsletter called THE NORMAL HEART, and would like to exchange hard copies of this newsletter with other GLB newsletters around the country.

Also, working with Patricia Nell Warren, he is planning to start up a national book review, which gives voice to books published by small presses that don't get as strong a hearing in the larger gay/lesbian books by large publishing houses. "We are taking a grass-roots approach," says Donaghe in reviewing books by small and regional presses, and the distribution of the book review periodical (planned for seasonal distribution) will be to reach gay and lesbian readers in the hinterlands of America. Reviewers from every GLB newsletter in the country is invited to submit reviews for publication in this new periodical. Distribution to booksellers will be free.



Greater Edmonton Pride Pages

Just released during Pride Week in Edmonton the Pride Pages committee did a fine job and should be given much credit for putting this publication together. It is available in many locations around the Capital City.

PLEASE support the Sponsors who make TIMES .10 possible. TIMES .10 is a NON-PROFIT SOCIETY

A Voice From GLCCE



Best Pride Parade Ever!

by Fred Dicker

What a great day for a parade, particularly if you are a "Queer Duck"! The 1997 Pride Festival Parade happened right on schedule Sunday, June 22. The weather was typical for a June weekend, rain! Light to heavy showers occurred steadily throughout the morning, then as the parade was about to start the clouds opened and the downpour began. Undaunted, approximately five hundred joined in and a rainbow of color filled the streets. WOW, 500 soaked, cheering, super enthusiastic lesbians, gays, transgendered, bisexual, straight, women and men, children, moms and dads and a few pets too. And all claiming their right to be recognized for their diversity and treated equally for their humanity. A spectacular sight for Edmonton, and Alberta.

The day started with a gathering in Old Strathcona's McIntyre (gazebo) Park, with speeches by Alberta New Democrat leader and Edmonton-Highlands MLA Pam Barrett, Edmonton Councillor Michael Phair, and Bob Fagen of the Canadian Human Rights Commission. Then with assistance from the



Edmonton Police Service, the parade began its route down 103 Street, turned onto Whyte Avenue for four blocks and returned via neighbourhood streets to the park. Rainbow flags, pink triangles and of course umbrellas were interspersed among the numerous floats and organization banners which comprised the parade. The parade was lead by Delwin Vriend and Julie Lloyd, our MC's for the day.

A post-parade picnic, a long-standing tradition sponsored by P-FLAG, was unfortunately cancelled due to the inclement weather. Though people were not able to get their usual Pride hot dogs, the local gay-positive coffeehouses did a booming business. If some civic leaders (head city cheerleader Bill Smith for one) refuse to recognize our existence as a community, then Queer dollars at work in the community will provide a noticeable impact.

Key organizers for this years parade were, Roz Ostendorf, Fred Dicker, Kirk Starkie with support from many more individuals

and business. But the true success rests with the pride and conviction of the people of Edmonton's Queer community. Those of you who marched in the parade or supported the event through sponsorship or financial contributions deserve all the credit. For those who ventured out in the rain, a heart felt thank you. If it was your first Pride Parade, please don't let it be your last. If you have found pride in publicly claiming your human rights, please consider joining next year's organizing committee.

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Alcohol and AIDS

There are two reasons to investigate connections between alcohol, HIV infection, and AIDS: alcohol may adversely affect the immune system, and alcohol may influence high-risk sexual behavior.

Human immunodeficiency virus (HIV) is the agent that causes acquired immunodeficiency syndrome (AIDS). HIV is transmitted through sexual contact with an infected individual, through exchange of infected blood or blood products, or to the newborn from an infected mother. HIV-infected persons may harbor the virus for many years with no clinical signs of disease. Eventually, HIV destroys the body's immune system, mainly by impairing a class of white blood cells whose regulatory activities are essential for immune protection. As a result, people who have AIDS are prone to lung infections, brain abscesses, and a variety of other infections caused by microorganisms that usually do not produce disease in healthy people. Those who have AIDS also are prone to cancers such as Kaposi's sarcoma, a skin cancer rarely seen in non-HIV-infected populations. The diagnosis of AIDS depends in part on the presence of one or a number of these infections and cancers

One million people in the United States are estimated to be infected with HIV. At least 40,000 new HIV infections are thought to occur among adults and adolescents, and an estimated 1,500 to 2,000 new HIV infections are thought to occur among newborns each year. Currently, 8 to 10 million people worldwide are estimated to be infected with HIV. Of these, 50 percent are expected to develop AIDS within 10 years, and 90 percent may develop AIDS within 20 years of initial infection. The prognosis for persons with AIDS is grim: AIDS-associated mortality may approach 85 percent within 5 years of diagnosis.

Alcohol and the Immune System

Alcohol can impair normal immune responses that protect the body from disease (6,7,8). Chronic alcohol consumption has been shown to reduce the number of infection-fighting white blood cells in laboratory animals (9,10,11) and in humans (12,13). Chronic alcohol ingestion or alcohol dependence can depress antibody production and other immune responses in animals (10,9) and in humans (14,15). Alcohol can suppress activities of certain immune system cells, called macrophages that help keep the lungs free from infection (16,17). In addition, alcoholics appear to be more susceptible to bacterial infections and cancer than are nonalcoholics (18,19). Studies in animals and in humans indicate that consuming alcohol during pregnancy can decrease immune resistance in the offspring (20,21,22). Alcohol's generally immunosuppressive effects could mean that 1) drinking may increase vulnerability to HIV infection among people

exposed to the virus, and that 2) among people who are already HIV infected, alcohol-induced immunosuppression might add to HIV-induced immunosuppression, and speed the onset or exacerbate the pathology of AIDS-related illness. These are complex ideas and areas of intense investigation, but so far only a few studies have been published. Researchers have learned that alcohol can impair white blood cell responses to HIV (23). A provocative study that warrants replication found that a single drinking episode depressed certain immune responses of white blood cells taken from healthy volunteers (24). In addition, white blood cells isolated after this drinking episode were more susceptible to HIV infection than were cells isolated from subjects who did not drink, hinting that even occasional alcohol consumption may increase the likelihood of infection upon exposure to HIV. Whether alcohol use influences the progression of AIDS in persons already infected with HIV has been explored in a recent study of homosexual men (25). While these researchers found that neither alcohol nor other drugs seem to influence the



progression of HIV infection or the development of AIDS, their results await confirmation. Clearly, more research is needed to understand alcohol's role in HIV infection and the course of ensuing disease.

Alcohol and Sexual Behavior

Sexual practices considered to be high risk for acquiring HIV from an infected individual include vaginal or anal intercourse without a condom; other sexual practices that facilitate exchange of blood, semen, or other body secretions; and unprotected sexual activities with multiple partners. The frequency with which sexual partners engage in such practices also influences the risk for exposure to HIV.

Alcohol's relationship to high-risk sexual behavior may be explained in two ways. First, alcohol use may be a marker for a risk-taking temperament: those who drink alcohol may also engage in a variety of high-risk activities, including unsafe sexual practices, as a part of a "problem behavior syndrome" (26,27). Second, alcohol may influence high-risk behaviors at specific sexual encounters by affecting judgment and disinhibiting socially learned restraints (28,29). These are not mutually exclusive interpretations.

In addition, these two explanations have different implications for the prevention of high-risk sexual behavior. Among people who have a risk-taking temperament, reducing alcohol consumption may not reduce high-risk sexual behavior. However, among those who are more likely to take sexual risks when they are drinking than when they are not, reducing alcohol consumption should also reduce high-risk sexual behavior.

There are two approaches to studying alcohol's relationship to sexual behavior that may result in HIV infection (30). One approach examines whether alcohol use in general is correlated with sexual risk-taking behavior in general. In this approach, an observed association between drinking and high-risk sexual activity could imply that these two behaviors are part of a larger risk-taking tendency, or that alcohol itself influences sexual risk-taking, or both. Another approach examines the consequences of alcohol use during specific sexual encounters. An observed connection between alcohol use and sexual risk-taking during specific encounters suggests a direct influence of alcohol on such behavior.

A number of studies have identified associations between drinking and high-risk sexual activity. These studies also have found that an absence of or a reduction in alcohol use is associated with a decrease in high-risk sexual behavior. A study of heterosexual drinking habits and sexual behavior found that women and men who frequently combined alcohol use with sexual encounters were generally less likely to use condoms during intercourse (31). Similarly, a study of homosexual men found alcohol or other drug use combined with sexual activity to be

strongly associated with high-risk sexual behavior: even those who drank only occasionally at the time of sexual encounters were twice as likely to be categorized as "high risk," based on the frequency of involvement in a range of sexual practices within nonmonogamous relationships, than were those who did not drink (32). Further, those men who did not drink during sexual encounters were three times more likely to be classified in a "no risk" category than were men who combined drinking with sexual activity. Recently, a reduction in alcohol use among homosexual men has been associated with a reduction in high-risk sexual behavior (33). Other studies that examine the consequences of alcohol use at specific sexual encounters also have demonstrated a connection between alcohol use and high-risk sexual behavior. Scottish adolescents who drank at the time of first intercourse were less likely to have used a condom than those who did not drink (34). A survey of adolescents in Massachusetts revealed that teens were less likely to use condoms if sexual activity followed drinking or other drug use (35). Similarly, adult homosexual men and heterosexual women (but not heterosexual men) reported that they were less likely to use a condom during those sexual encounters in which they felt intoxicated (36). These reports of simultaneous alcohol use and high-risk sexual behavior suggest that alcohol can directly influence sexual risk-taking. However, these combined behaviors may still reflect a risk-taking tendency in some individuals.

Further research is needed to define conditions under which alcohol use is linked to high-risk sexual activity. Information generated from such studies will be vital for developing and improving programs to prevent HIV transmission.

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Copies of the Alcohol Alert are available free of charge from the Scientific Communications Branch, Office of Scientific Affairs, NIAAA, Willco Building, Suite 409, 6000 Executive Boulevard, Bethesda, MD 20892-7003. Telephone: 301-443-3860.

10551 WHYTE

THURSDAY = BOYS NIGHT OUT

433-3600

JULY 17 = FLASHBACK CAFE



Horoscopes by David Michael



Aries

July and August bring strong potential for relationship and partnering issues to come to the fore in your life. The need to seek courageous compromise, not one of your more developed characteristics, marks this period. To the extent that you are able to view and credit your partner's point of view, you will navigate this time successfully. It may seem difficult to avoid arguments now, but your need to win at all costs is not as strong as usual. Focusing on emotional security and your home in July will lead to more fun and creativity in August. Later August brings the need to make adjustments, discarding some emotional baggage for continued growth.



Taurus

Some communication could open critical areas that need to be examined in July. Much of the month focuses you at home, ruling your roost, possibly trying out a new decorating scheme or some other creative endeavour. As the month closes you'll critique your handiwork looking for ways to improve. August still gives time to express yourself in more detail. The latter half of August brings self-doubts, fuelled by criticism from or toward your significant other. Emotional security is critical at this point and you could find yourself more than usually moody. Your determination to be "sensible and practical" should not be confused with your sometimes obstinate refusal to be optimistic. Decisiveness suffers.



Gemini

July opens with you thinking about what you have to work with at this point. You may find financial demands higher than you expected. Your usual sociable nature swings into high gear, and the coffee shops and bars may see a lot of you now. As the month ends, you're inclined to take your party home. August finds you making many short trips, phone calls and writing to keep the ideas flowing, even though you spend much time at home. Entertaining in casual ways is stressed until mid month. After that you'll likely want to rethink some of the positions and concepts that have been pouring in your direction, possibly even changing your stance in a few areas. Delay decisions if you can in the last two weeks. They'll likely only have to be redone later anyway.



Cancer

New moon on July 4th in your sign focuses attention on you this month. Great time to examine the past year and determine what you liked and didn't. You can change your moods more consciously this month, rather than being ruled by them. Home and family, ever significant take on even more importance now. Look for a partner to aid you in self-awareness, around the 20th through one on one activity. August dawns with your creative juices (and romantic ones too) flowing freely. Look for fun in the things and people around you. Money

and personal resources are taxed now, so exercise caution in spending too freely. Romance started now can be wonderful, but only if you stay in the moment.



Leo

July, at least until your birthday, may seem a bit troubling for many of you. Some of your unconscious behavior patterns can cause problems. People make many taxing demands on you during this cycle. As your birthday passes, the time is right for getting hold of the situation and the part you played in it. You can evaluate yourself clearly now and make changes to allow yourself to shine. August is that time to shine. Creative initiative is high and the recognition you so justly deserve should come easier than usual. An opponent or a partner can stimulate you to new heights around the 18th. The last week of the month cautions you to take stock of your financial picture.



Virgo

Friendship, group activities, teamwork and planning mark July as an outstanding month for you. Others may be requesting your analytical skills more often and you could easily feel that while it is fun, at times it is all too much. Keep in mind the larger picture and you'll weather this just fine. Complaints and self pity will go unheard and unheeded at this time, so why bother to indulge? As August starts, the demands on you seem to increase. Remember that selfless sacrifice now will not only further your future plans, but also provides you with insights to aid you in your ongoing quest for perfection. In spite of all that others throw at you, you are still your own harshest critic. Critique needn't be criticism.



Libra

Your feeling of being under the thumb should abate a bit in July and career planning is emphasized. For those recently downsized, this could be the time to join a team or group working toward a high ideal. Opposition is still there for you, but situations now arise to turn it to your advantage. Home is where you want to be around the 20th, getting the emotional support you need. August has you following, rather than leading. Your emphasis on planning and goals, as well as your contribution to the whole will be recognized later, so don't seek it now. You suffer from foot in mouth disease during the last 2 weeks of August, so keep your mouth shut as much as possible or be ready to apologize and make amends.



Scorpio

Expanding and exploring new ground is July's focus, and part of this could be a deeper understanding of some of your unconscious impulses which rise to the surface now. Seeking new opportunities to learn, through travel, education, philosophical discussion or just a trip to the mountains to contemplate your navel, will stimulate growth. As August starts, career issues come forward. Your energy may seem low or overtaxed by others during the first two weeks, but the latter part of the month has you more self directed and focused. Recognition for your efforts is likely at this time. You could feel uncharacteristically needy around the 25th. Just reach out for emotional support, and let it soothe you.



Sagittarius

An impending sense of inner

dread clouds the usual optimism you usually express. Your social skills this summer are somehow muted, and your jovial outlook is missing. July is a good time for some inner emotional work. It is easier for you to be dispassionate about yourself right now and you can dump old baggage that may be loading you down. Temptations to revenge should be avoided at all costs. The degree to which you accomplish the above determines the optimism you feel in August. An opportunity for learning occurs early in the month, which may involve travel, or exposure to foreign ideas. Grab hold of it if you can, for it will aid your career path in September.



Capricorn

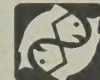
Loss or reconstruction in your emotional foundations over the next year may have you feeling less steady than usual. July's reliance on other people, especially partners and mates, may aid in bolstering your confidence. Allowing others to see you vulnerable at this time could prove to be the best possible move. As August dawns, you'll have the urge to clean out inner closets. If you have been open and vulnerable, you will have found out things about yourself that you now can look at dispassionately. You have the strength now to face even painful issues and let go. No sense trucking garbage up the mountain with you.



Aquarius

Erratic sleep patterns and unusual dreams mark this summer for the bulk of you. July's attention should be on the routine. Your sense of self doubt and criticism may be strong at this point, but

by making adjustments you can come closer to your ideal for yourself. Watch your diet, sleep and exercise to prevent nervous worry from erupting into health issues. August brings relationship issues to the fore. Now your one to one interactions with others will have stronger than usual impact. If you started an affair in May or June, then this is the time to talk about commitment. This cycle is also one that often invokes conflict that needs resolution, so be prepared to argue your case.



Pisces

Creativity and romance are highlighted in June and either of these could lead to a change of plans by the 20th. Your overall goals, though, may still seem to be nebulous until greater clarity comes in the fall. Financial discipline remains crucial this month but as August begins, this pressure abates somewhat for a time. August's attention is on improving and maintaining daily positive habits. If you're concerned about smoking or need to start a diet, this is the time to begin. Your faith in the altruism of your social circle is being tested this summer, and you might find yourself more than usually gullible until October. Watch also for how you are inclined to smudge the truth during this phase, it will catch up to you.

(Note: Astrology based solely on Sun Signs is bound to apply only vaguely to you personally. You can obtain a personalized horoscope for free from the following web site address: dmals@compuserve.com, please include your birthdate, time and place of birth



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Homophobia

Homophobia

Homophobia is the irrational hatred, intolerance, and fear of lesbians and gay men. These prejudicial feelings fuel the myths, stereotypes, and discrimination against people who are lesbian and gay. Lesbians and gay men who are socialized in our homophobic society often internalize these negative stereotypes and develop some degree of low self-esteem and self-hatred (Weinberg, 1972). This is what is meant by *internalized homophobia*. Some effects of internalized homophobia are low self-esteem, drugs and alcohol abuse and/or other self-destructive or abusive behaviours. Homophobia is further reinforced by the biased belief that heterosexuality is the only legitimate form of human intimacy. Heterosexism is reinforced again and again in popular music, the media, movies, t.v. shows, and advertising; the only form of *romantic* relationship and family is heterosexual and nuclear. This limited definition of what constitutes intimacy and a family is supported through laws and cultural *norms*, which are used to discriminate those who are gay and lesbian.

Homophobic Attitudes

- ♦ A 1983 study of American university students: over 50% stated that homosexuality is more deviant than murder & drug addiction (Pogrebin, 1983).
- ♦ In 1990 homophobia on campus prevails: 32% believe same-sex relationships should be prohibited.
- ♦ A 1989 Gallup poll: 53% believe homosexual relationships should be illegal, 29% believe gays & lesbians should not have equal job opportunities.

Homophobic beliefs and images are perpetuated by the media

When lesbians, gay men, and bisexuals are portrayed by the media it is often done stereotypically, e.g. the *effeminate gay man*, the *man-hating lesbian*, the *confused bisexual* always on the make. It is extremely rare to see healthy same-sex couples in the mainstream media. What we see are derogatory stereotypes, which only reinforce people's prejudices towards lesbians and gay men.

Hostility & Discrimination

- ♦ over 90% of lesbians & gay men have experienced some form of gay bashing,
- ♦ gays & lesbians are 7 times more likely to be the victims of aggressive acts of crime than average (National Gay & Lesbian Task Force, 1984)
- ♦ results of 4 different university surveys of gay students:
 - ♦ 45-65% reported verbal insults,
 - ♦ 22-26% had been followed or chased,
 - ♦ 16-25% had threats of physical violence,
 - ♦ 35-58% feared for their safety.

Over 90% of lesbian, gay and bisexual students expect further acts of homophobic harassment while in university (Berrill, 1989).

At McGill we do not know how many students, faculty and staff are lesbian and gay because sexual orientation is invisible and many people remain *closeted*, passing as heterosexual to avoid discrimination. It is widely believed that approximately 10% of the population are homosexual.

Adoption of the 10% estimate suggests that approximately 2500 McGill undergraduates are lesbian and gay.

Prevailing attitudes and statistics show that homophobia and heterosexism exists on campus. This creates a *chilly* and at times hostile environment to the healthy development of McGill's lesbian and gay students and forces many to live their lives as second-class citizens.

Many lesbian and gay students alter their behaviour due to a legitimate fear of discrimination and disapproval. Homophobia on campus forces many lesbian and gay students to censor their identity. (e.g.) Saying my *friend* instead of my *lover/partner*, acting *straight* at general campus events — not dancing with your lover at campus parties, remaining silent when people assume heterosexuality, no public shows of affection, amidst all the obvious heterosexual couples.

Research has clearly demonstrated that an increase in knowledge and awareness reduces homophobic attitudes and values (Wells & Franken, 1987). Raising awareness and condemning the myths about homosexuality is vital. We must start by recognizing the inequity in the life experiences of lesbians and gay men, and champion the inherent equity of both gay and heterosexual people.

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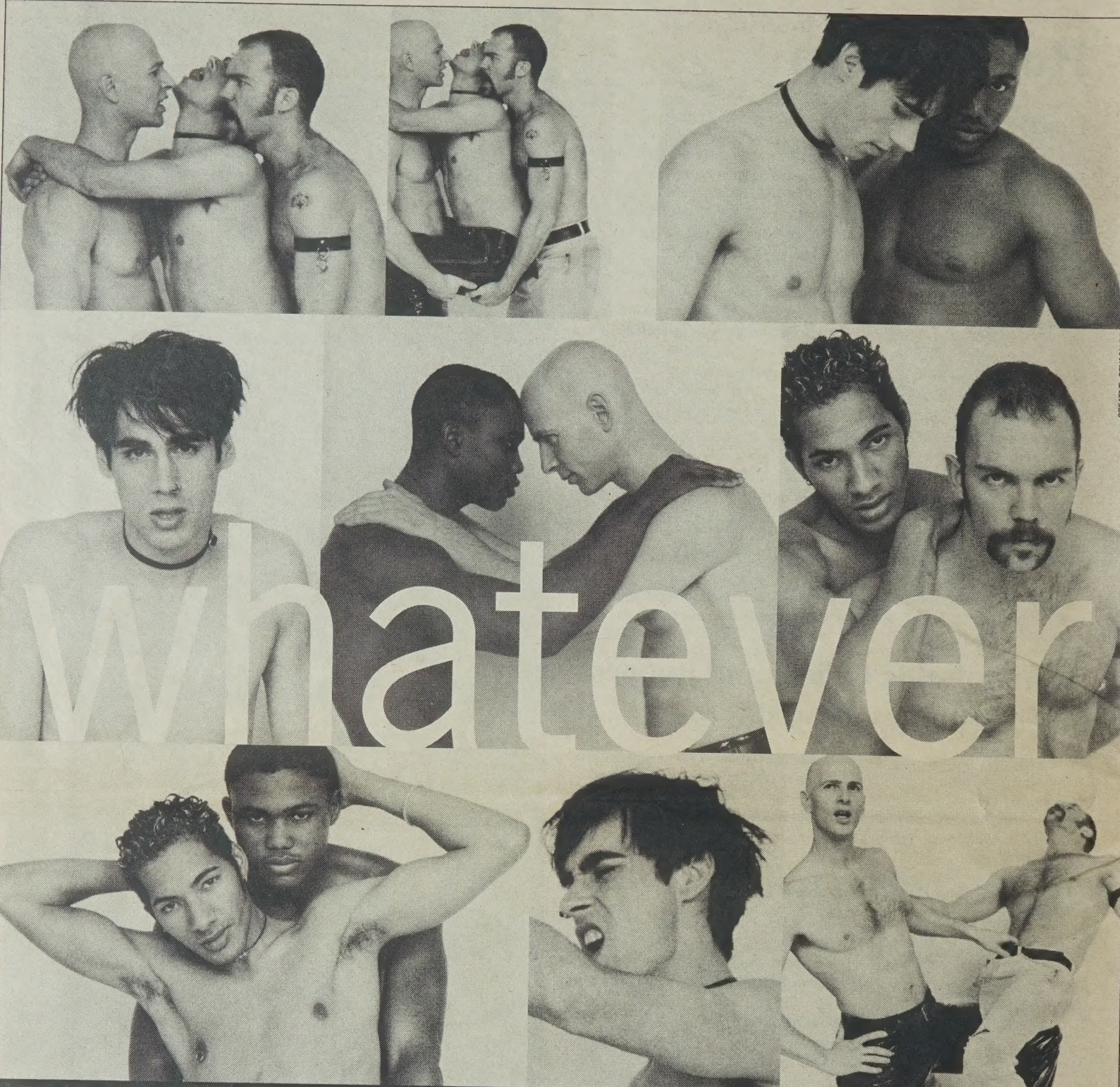
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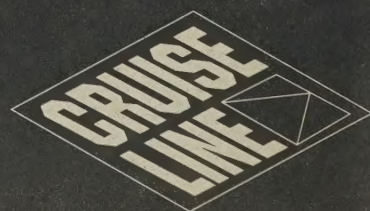
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